Registration Information

Registrations are due one week in advance of the class date. Registrations will be accepted in person or by mail. Phone-in registrations will not be accepted. It is REQUIRED that every program participant sign a consent form and waiver prior to participation in class and MUST provide written doctors permission. Enrollment will be limited in each program.

Payment will be accepted by check or money order only. NO REFUNDS.

Please Read Carefully

(All information will be kept strictly confidential.)

- Does the program participant have any physical conditions which may limit participation? (Arthritis, Diabetes, Heart Condition, Injury, Asthma, etc.)
- Is the program participant currently under a physician’s care for any reason?
- Has the program participant ever been under a doctor’s care for any type of heart condition, stroke, diabetes, epilepsy, arthritis or any joint or muscular disorder?

It is REQUIRED that all program participants consult a physician before enrolling in this exercise program. Participants MUST provide written doctor’s permission in order to participate.

Dangers Associated with Aquatics

Permanent paralysis, brain damage, disabling injuries and/or death can result from participation in aquatic related activities. Following the rules and guidelines that have been established at the TCNJ Aquatic Center will minimize the risks inherent to aquatic activities and decrease the chances of injury.

Aquatic Program Participant Rules

Participants must:
- Follow all posted rules.
- Follow the directions of the instructor.

If the student is under 18 years of age the parent:
- Understands the inherent dangers involved in aquatics that may lead to possible accident, injury, or death.
- Feels confident that the participant will be able to follow all rules and directions given by the Aquatic Staff.

Each course will strictly adhere to the posted schedule. If priority events are scheduled that conflict with ABC, every effort will be made to reschedule that class. Any changes to the regular schedule will be announced in class.

Individuals are not eligible to use the pool outside their class time unless they are members. Memberships are available for Alumni, Alumni Family, Employee Spouse/Family and Student Spouse/Family at a cost of $100.00 per individual or $125.00 per family. Memberships for families not associated with The College of New Jersey are also available. General community memberships are $250.00 for an individual and $300.00 for a family.

For additional information on any Aquatic Center program please call 609-771-3249.

Mail completed Registration Form, Consent Form, Waiver Form, and Check or Money Order to:

The College of New Jersey
Aquatic Center/ABC Class
PO Box 7718
Ewing, NJ 08628

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Aquatic Body Conditioning

The College of New Jersey Aquatic Center is proud to offer ABC, part of a series of programs designed to provide the college and surrounding community with the opportunity to participate in a wide variety of aquatic activities. Each class of ABC will consist of a short warm-up followed by a 30 minute series of instructor led exercises designed to increase aerobic capacity, muscle strength and flexibility. Classes meet three times per week.

ABC Advantages

- The buoyancy of the water prevents joint and muscle stress often associated with traditional aerobics by cushioning the weight bearing joints.
- The resistance of the water provides an excellent medium for improving strength without the use of weights.
- The movement/circulation of the water provides continuous gentle muscle and joint massage, relieving muscle soreness and improving flexibility.
- The program is 100% individualized. Participants can complete the exercises at their current level of fitness.

Fee Structure

<table>
<thead>
<tr>
<th></th>
<th>Per Session</th>
<th>5 Session Package</th>
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</thead>
<tbody>
<tr>
<td>General</td>
<td>$70.00</td>
<td>$300.00</td>
</tr>
<tr>
<td>Senior Citizen</td>
<td>$60.00</td>
<td>$260.00</td>
</tr>
<tr>
<td>Aquatic Members</td>
<td>$50.00</td>
<td>$215.00</td>
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</tbody>
</table>

The above fee schedule is based on three classes per week (Mondays, Wednesdays and Fridays).

TCNJ Faculty/Staff are members of the Aquatic Center and pay the membership price.

ABC Registration Form

All information below must be completed.

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Address</td>
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</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>Phone (H)</td>
<td>Phone (W)</td>
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<td>State</td>
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<tr>
<td>Vehicle Make</td>
<td>Year</td>
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<tr>
<td>Email Address</td>
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State Handicapped Placard Number

Class Information

(Check one in each category)

<table>
<thead>
<tr>
<th>Session</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
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Registration Type

- General
- Senior
- Member

Amount Enclosed

Make check payable to: TCNJ

Written doctors permission is REQUIRED prior to participation

Please consult your physician before undertaking this or any exercise program.

Sessions:

- Session I: 9/22/14 to 11/7/14
- Session II: 11/10/14 to 12/19/14
- Session III: 1/5/15 to 2/20/15
- Session IV: 2/23/15 to 4/17/15
- Session V: 4/20/15 to 6/12/15

Parking Regulations

Parking will be available in the general stadium parking lot (lots 5-7) only. Please fill out your license plate number, state, vehicle make and year on the registration form. Packer Lot (Lot 12) is UNAVAILABLE, however, accommodations will be made for handicapped participants. In order to gain access to lot 12, participants must take a copy of their state issued handicapped placard to Parking services in Green Hall room 119.